

Pickering Community Infant & Nursery School

Summer Term Menu commencing Tuesday 13th April 2021

	Week 1 - weeks beginning Tues 13th Apr, 3rd & 24th May, 21st June, 12th July	Week 2 — weeks beginning 19th Apr, 10th May, 7th & 28th June, 19th July	Week 3 — weeks beginning 26th Apr, 17th May, 14th June, 5th July
Monday	V Cheese & Tomato Pizza Potato Wedges Peas & Sweetcorn ~~~~~ Rice Pudding & Peaches	Macaroni Cheese Broccoli & Sweetcorn Herbie Bread ~~~~~ Fresh Fruit or Fruit Yoghurt	Cheese & Tomato Pinwheel New Potato Salad ~~~~~ Apple Crumble & Custard
Tuesday	Vegetable & Lentil Pasta Bake Mixed Salad & Coleslaw Garlic Bread ~~~~~ Fresh Fruit or Fruit Yoghurt	V Sweet Lentil & Veg Curry with Rice Peas & Carrots Naan Bread ~~~~~ Chocolate Crunch with $\frac{1}{4}$ Orange	Sausage with Mashed Potato and Onion Gravy Carrots & Broccoli 50/50 Bread ~~~~~ Fresh Fruit or Fruit Yoghurt
Wednesday	Pork & Apple Plait $\frac{1}{2}$ Jacket Potato Medley of Vegetables Wholemeal Bread ~~~~~ Cheese & Crackers with Apple	Roast Chicken, Sage & Onion Stuffing & Gravy Creamy Mashed Potatoes Spring Cabbage & Cauliflower Wholemeal Bread ~~~~~ Sultana Flapjack	Minced Beef & Yorkshire Puds Roast Potatoes & Gravy Peas & Carrots Sliced Wholemeal Bread ~~~~~ Fresh Fruit Salad
Thursday	Beef Lasagne Crunchy Veg Sticks 50/50 Bread ~~~~~ Fruity Gingerbread & Custard	Pork Meatballs in Tomato Sauce Pasta Green Beans & Sweetcorn Apricot & Seed Bread Raspberry Bun & Cheese	Creamy Chicken & Broccoli Pasta Bake Green Beans & Sweetcorn Crusty Bread ~~~~~ Krispie Cereal Bar
Friday	Harry Ramsden's Battered Fish Chips, Green Beans & Sweetcorn Sunflower Seed Bread ~~~~~ Fresh Fruit or Fruit Yoghurt	Crunchy Breaded Fish Potato Wedges Peas & Sweetcorn ~~~~~ Fresh Fruit or Fruit Yoghurt	Fish Fingers Baked Beans & Peas Chips Tomato Bread ~~~~~ Fresh Fruit or Fruit Yoghurt

A variety of fresh bread will be served daily

Fresh Seasonal Vegetables served daily

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North Yorkshire County Council — In a determined effort to reduce the amount of sugar in our menus to meet with current NHS guidance, it has been decided to remove the dessert option for two out of the five days, offering fresh fruit or yoghurt on these days.

# Pickering Infant School

## Summer Term 2021



Mrs Boyes and Mrs Ring provide school meals that meet all the Government guidelines in nutritional standards. A freshly prepared two course meal will be offered every day. Please notify the school office if your child is vegetarian or has special dietary requirements (ie religious, allergies etc)

If circumstances change and you wish your child to bring a packed lunch from home, one week's notice must be given. Due to large numbers we can only cater for children having school lunches every day or packed lunches every day, not a combination of the two. Your understanding in this matter is greatly appreciated.

A variety of fresh bread will be served daily

Vegetables may vary from time to time depending on availability and season.

Fresh fruit or yoghurt will be served as a dessert option for two out of the five days to reduce sugar in the menu to meet with NHS guidance

North Yorkshire County Council Caterers are delighted to have been accredited with the Soil Association Silver Award Food for Life Catering Mark recognising the quality of the ingredients used in school meals in North Yorkshire. The award recognises that we meet the following criteria:

- At least 75% of the dishes on the menu are freshly prepared from unprocessed ingredients
- All meat and poultry is from farms which meet UK welfare standards
- We do not serve fish from the Marine Conservation Society "fish to avoid" list
- We only use free range eggs
- No undesirable additives and artificial trans fats are used
- No genetically modified ingredients are used
- Drinking water is always available
- We use seasonal and in season produce in part of our menus (ie strawberries)
- Information about food provenance is available
- We provide for cultural and medical needs
- Suppliers have been verified to ensure that they apply appropriate safety standards
- Staff are supported with training in fresh food preparation and we encourage our staff to be involved in a whole school approach to food issues



# Pickering Community Infant & Nursery School

## Summer Term Vegetarian Menu commencing Tuesday 13th April 2021

|           | Week 1 - weeks beginning Tues<br>13th Apr, 3rd & 24th May, 21st<br>June, 12th July                                                        | Week 2 — weeks beginning<br>19th Apr, 10th May, 7th & 28th<br>June, 19th July                                                                   | Week 3 — weeks beginning<br>26th Apr, 17th May, 14th<br>June, 5th July                                                                                |
|-----------|-------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | <p>Cheese &amp; Tomato Pizza<br/>Potato Wedges<br/>Peas &amp; Sweetcorn<br/>~~~~~<br/>Rice Pudding &amp; Peaches</p>                      | <p>Macaroni Cheese<br/>Sweetcorn &amp; Broccoli<br/>~~~~~<br/>Fresh Fruit or Yoghurt</p>                                                        | <p>Cheese &amp; Tomato Pinwheel<br/>New Potatoes &amp; Salad<br/>~~~~~<br/>Apple Crumble &amp;<br/>Custard</p>                                        |
| Tuesday   | <p>Vegetable &amp;<br/>Lentil Pasta Bake<br/>Salad and Coleslaw<br/>Garlic Bread<br/>~~~~~<br/>Fresh Fruit or Yoghurt</p>                 | <p>Vegetable &amp; Lentil Curry and<br/>Rice<br/>Peas &amp; Carrots<br/>~~~~~<br/>Chocolate Crunch with <math>\frac{1}{4}</math><br/>orange</p> | <p>Vegetarian Sausage with<br/>Mashed Potato and Gravy<br/>Carrots &amp; Broccoli<br/>~~~~~<br/>Fresh Fruit or Yoghurt</p>                            |
| Wednesday | <p>Vegetable &amp; Mixed Bean Cous<br/>Cous Plait<br/>Jacket Potato<br/>Medley of Vegetables<br/>~~~~~<br/>Cheese &amp; Crackers with</p> | <p>Quorn Roast, Stuffing &amp; Gravy<br/>Mashed Potatoes<br/>Spring Cabbage &amp; Cauliflower<br/>~~~~~<br/>Sultana Flapjack</p>                | <p>Vegetable &amp; Lentil Rosti<br/>Roast Potatoes, Yorkshire<br/>Puddings with Gravy<br/>Peas &amp; Carrots<br/>~~~~~<br/>Fresh Fruit or Yoghurt</p> |
| Thursday  | <p>Vegetable &amp; Mixed Bean<br/>Lasagne<br/>Crunchy Veg Sticks<br/>~~~~~<br/>Fruity Gingerbread &amp; Custard</p>                       | <p>Veggie Meatballs in Tomato<br/>Sauce &amp; Pasta<br/>Green Beans &amp; Sweetcorn<br/>~~~~~<br/>Raspberry Bun and Cheese</p>                  | <p>Cheese &amp; Broccoli Pasta<br/>Bake<br/>Green Beans &amp; Sweetcorn<br/>~~~~~<br/>Krispie Cereal Bar</p>                                          |
| Friday    | <p>Summer Veg Frittata<br/>Chips &amp; Peas<br/>~~~~~<br/>Fresh Fruit or Yoghurt</p>                                                      | <p>Loaded Potato Skins<br/>Peas &amp; Sweetcorn<br/>~~~~~<br/>Fresh Fruit or Yoghurt</p>                                                        | <p>Vegetable and Cheese Bakes<br/>Chips<br/>Baked Beans or Peas<br/>~~~~~<br/>Fresh Fruit or Yoghurt</p>                                              |

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Fresh Seasonal Vegetables served daily  
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